



MISS SOPHIA KITTLESSEN.

HEALTH VERY POOR—

RESTORED BY PERUNA.

### Catarrh Twenty-five Years— Had a Bad Cough.

Miss Sophia Kittleson, Evanston, Illinois, U. S. A., writes: "I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained very little help. Then my brother advised me to try Peruna, and I did. My health was very poor at the time I began taking Peruna. My throat was very sore and I had a bad cough. Peruna has cured me. The chronic catarrh is gone and my health is very much improved."

"I recommend Peruna to all my friends who are troubled as I was." **PERUNA TABLETS:**—Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Peruna tablets, which represent the medicinal ingredients of Peruna. Each tablet equals one average dose of Peruna.

### Man-a-lin the Ideal Laxative.

Manufactured by Peruna Drug Manufacturing Company, Columbus, Ohio.

#### State Pride.

There recently entered the offices of the civil service commission at Washington a dashing young dandy of perhaps 20 years of age, who announced to the official who received him that he desired to "get papers for an examination."

"From what state are you?" was the question put.

"The negro drew himself up proudly. 'I am from the first state of the union, sir,' he replied."

"New York?"

"No, sir, Alabama."

"But," protested the official, with a smile, "Alabama is not the first state in the union."

"Alphabetically speaking, sir; alphabetically speaking," said the negro.

#### The Soft Answer.

Senator Tillman at a banquet in Washington said in humorous defense of outspoken and frank methods:

"These people who always keep calm fill me with mistrust. Those that never lose their temper I suspect. He who wears under abuse an angelic smile is apt to be a hypocrite."

"An old South Carolina deacon once said to me with a chuckle:

"Keep yo' tempah, son. Don't yo' quarrel with no angry pussion. A soft answer am allus best. Hit's commanded an', furthermo', sonny, hit makes 'em maddab'n anything else yo' could say."

#### Waited for a Man.

First Cyclist—What's in the band box, Bill, and where's the girl?

Second Cyclist—That contains my puncture-mending device. I get them mended quickly and well without lifting a finger.

First Cyclist—Tell us!

Second Cyclist—That box contains a lady's skirt and picture hat; when I puncture I've only to don them and wait!

First Cyclist—By Jove, that's clever!

### DR. TALKS OF FOOD

Pres. of Board of Health.

"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth."

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

### CHICKEN IN NEW STYLES.

Try the Fowl Stewed with Coconut or with Dough.

**Chicken with Coconut.**—Stew a chicken and remove the bones. Grate a coconut and cover it with water for ten minutes; strain it and add more water. This again should be strained through a bag of coarse cheesecloth, and the rich liquor resulting—about a pint—added to the chicken. Cook slowly a few minutes and thicken with two tablespoonfuls of flour mixed smoothly in cold water, one-half teaspoonful salt, and three teaspoonfuls of tumeric powder. Let all cook up with the chicken, then lay it on a platter surrounded by boiled rice and covered partly with gravy.

**Chicken Stewed with Dough.**—Another method is to mix spices, raisins, salt and butter through some partly boiled rice, and with it dress the chicken, then wrap it in dough rolled pretty thick and boil it in a cloth, not too tight, for half a day.

**East Indian Pillau of Fowl.**—For this is required one chicken, dressed as for boiling, and three cups of rice. Put the fowl in a stewpan with one and a half pints of broth and some spices tied in a bit of muslin. These spices may consist of two cloves, a wide stick of cinnamon, two dozen cardamoms, and one-half teaspoonful each of coriander seed, mace, and allspice—quantity and combination regulated to taste. Cook these with the fowl 20 minutes slowly. Place one-quarter of a pound of butter in a frying pan with one sliced onion, one dozen raisins, and some blanched almonds; fry till brown and strain. In the butter remaining fry the rice until brown. Strain off the butter, and by degrees add the broth until the rice is tender, then put it with the chicken and cook until it is nearly dry. Remove the spices and serve the fowl smothered in the rice, garnishing with the fried raisins and almonds, and, if liked, some hard boiled eggs and crisp slices of bacon.

### TWO RECIPES FOR EGGS.

Beauregard and Japanese Are Both Recommended Dishes.

**Beauregard Eggs.**—Hard boil five eggs. Remove the shells; separate the whites from the yolks. Put the yolks through a sieve; chop the whites fine or put them through a vegetable press. Rub a tablespoon of butter and one of flour together; add half a pint of milk and stir until boiling; add half a teaspoonful of salt, a salt-spoon of pepper, and the whites of the eggs. Stand this over hot water while you toast five slices of bread. Arrange them neatly on a platter. Pour over the white mixture, dust over this the yolks and a little salt and pepper. Stand a moment at the oven door and after the yolks are warm send to the table.

**Japanese Eggs.**—Hard boil six eggs and boil carefully one cup of washed rice. When the rice is done drain in a colander and stand in the oven to dry. Remove the shells and cut the eggs into halves crosswise; take out the yolks; rub thin, adding gradually four boneless sardines, half a teaspoonful of salt, a salt-spoonful of pepper, and two tablespoonfuls of melted butter or olive oil. Roll the mixture into balls and put into the space from which the yolks are taken. Take off a little of the convex end of the whites so that they will stand. Put the rice in the center of a platter, making it flat, like a little plateau. Stand the eggs down in the rice; pour over them half a pint of cream or tomato sauce and serve.

#### That Old Ham Bone.

This need not be thrown away just because you have taken off all the slices. When you cannot get any more (apparently) scrape every vestige of lean and fat from the bone. Chop fine and put in a baking dish. Add a layer of bread crumbs, then another layer of the meat, and so on, until all is used. Pour over it a little water and set in oven till nicely browned.

Even the bone itself need not be thrown away. Crack well and let simmer for three hours. Add some rice, a clove or two, a few celery leaves (dried or fresh), and any vegetables, raw or cooked, that you happen to have in the pantry. So the ham will have done yet another faithful service, for the combination of the savory soup, and the delicate baked ham, will make an appetizing and wholesome dinner.

#### Sheep's Tongue with Spinach.

Take six sheep's tongues, blanch them for five minutes to enable the white skin to be removed, then trim and put them in a frying pan with about a pint of broth of consommé (which can be bought in tins), one bay leaf, a little thyme, salt and pepper. Set the frying pan over the fire until it comes to the boiling point, then let it simmer until the tongues are well cooked and glazed, take them out, cut them lengthwise in halves and return them to the frying pan.

Meanwhile dish some spinach, place the pieces of tongue over the spinach, pour the gravy over and serve immediately.

#### Put Pineapple Through Chopper.

Slice and pare pineapples, then put them through a meat chopper. Save the hard center and put through last. Save the juice and no water will be needed. It is much easier than cutting pineapple with a knife.

#### Mint Sauce.

Take three tablespoonfuls of freshly gathered mint, chopped fine; dissolve two tablespoonfuls of sugar in three tablespoonfuls of vinegar; mix all together. Serve in sauce boat.

### WRITER OF REAL TALENT.

Evidently the Bushby Clarion Had a Genius on Its Staff.

The editor of the Bushby Clarion leaned back in his chair and surveyed his visitor with a solemn and unwinking gaze. "You want to know if there's any good reporter in this town?" he said, impressively. "Well, there is. There's Gid Hobart."

"What sort of work can he do?" asked the visitor.

"His capabilities haven't had their full chance yet," said the editor, slowly, "but he's getting on, and I'm afraid we shall lose him before long. Why, last week that fellow wrote a two-column account of a fire that was thrilling. I tell you!"

"Farmhouse, old mother, grandfather born there, and so forth, I suppose?" said the visitor.

"No, sir!" said the editor. "It was a deserted hen-house, that's what it was. I can tell you, that takes talent! We can't expect to keep Gid with us always."—Youth's Companion.

### NO SKIN LEFT ON BODY.

For Six Months Baby Was Expected to Die with Eczema—Now Well—Doctor Said to Use Cuticura.

"Six months after birth my little girl broke out with eczema and I had two doctors in attendance. There was not a particle of skin left on her body, the blood oozed out just anywhere, and we had to wrap her in silk and carry her on a pillow for ten weeks. She was the most terrible sight I ever saw, and for six months I looked for her to die. I used every known remedy to alleviate her suffering, for it was terrible to witness. Dr. C— gave her up. Dr. B— recommended the Cuticura Remedies. She will soon be three years old and has never had a sign of the dread trouble since. We used about eight cakes of Cuticura Soap and three boxes of Cuticura Ointment. James J. Smith, Darnid, Va., Oct. 14 and 22, 1906."

### GALLANTRY.



Wearily William—Excuse me, miss, but I see that you have had a tiff with your lover, and he has left you. Allow me to escort you home instead.

### DEADLY POISON

Lurks in each one of your finger nails. Stop scratching!!! Never dare to scratch any place on your scalp or skin. The fact that it itches constantly shows there is something wrong that no scratching will cure. Scratching only irritates and inflames; perhaps it may poison you, leading to Lockjaw, Erysipelas or Eczema. Cure the cause by treatment with LIT-TEL'S LIQUID SULPHUR—stops itching instantly and a guaranteed cure for Eczema, Hives, Erysipelas, Prickly Heat, Sunburn, Cuts, Burns or Scalds—any and all diseases of the skin. A sample bottle sent postpaid for 10c in stamps. Rhuma-Sulphur Company, 407 No. 2nd St., St. Louis, Mo.

#### An Indignant Editor.

Last Saturday evening after sewing two patches on our Sunday trousers and cleaning and pressing them we hung them out to dry. An hour later we found that they had been stolen. This will explain why we were not in our accustomed place in church on Sunday. The human being who will deliberately steal a pair of trousers from the editor of a weekly paper, and knowing that they are his only pair for church-going, deserves a worse fate than our indignation will allow us to mention. It seems to us as if civilization had been turned back half a century.—Hometown (Pa.) Banner.

#### The Entire Family.

Grand Pop used it for Rheumatism. Dad for Cuts, Sprains and Bruises. Mommy for Burns, Scalds and Aches. Sis for Catarrh and Chills. I use it for everything, and it never disappoints any of us. It surely yanks any old pain out by the roots.

Hunt's Lightning Oil is what I am telling you about.

#### So Polite.

"She hasn't any cause to be snippy with me. The last time I saw her I'm sure I did the politest thing I could."

"What did you do?"

"We were on a car and when a man offered me a seat I said to her: 'You take it, dear; you're the older.'"

**In a Pinch, Use ALLEN'S FOOT-EASE.** A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

#### Not Embarrassed.

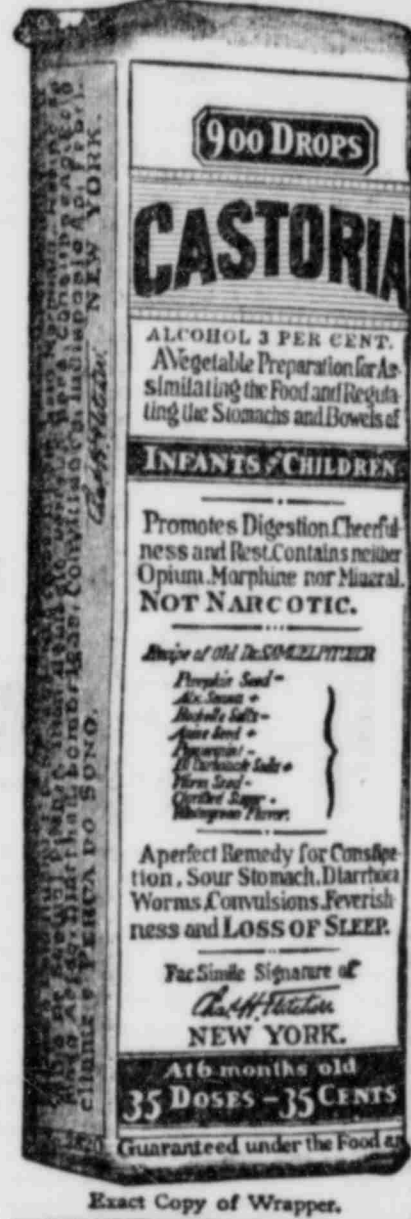
"Have your clashes with the courts embarrassed you?"

"Not at all," answered Mr. Dustin Stax. "Every time I am fined and do not pay I feel that I have added just that much to my earnings."

Repine not; the disappointments of to-day often prove the blessings of to-morrow.—Thomas a Kempis.

## Don't Poison Baby.

**FORTY YEARS AGO** almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.



### Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boorman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

### GENUINE CASTORIA ALWAYS Bears the Signature of

*Chas. H. Fletcher.*  
**The Kind You Have Always Bought**

In Use For Over 30 Years.

### Free Cure for Rheumatism, Bone Pain and Eczema

Botanic Blood Balm (B. B. B.) cures the worst cases of Rheumatism, bone pains, swollen muscles and joints, by purifying the blood. Thousands of cases cured by B. B. B. after all other treatments failed. Price \$1.00 per large bottle at drug stores, with complete directions for home treatment. Large sample free by writing Blood Balm Co., Atlanta, Ga.

### PILES

DEFIANCE STARCH never sticks to the flesh.



**When you're THIRSTY**  
and your palate craves something with more to it than just "wetness" or "sweetness" DRINK **Coca-Cola**  
There is a liveness—a satisfying something to it that pleases the palate and quenches the thirst as nothing else can.  
**Delicious—Wholesome—Refreshing**  
GET THE GENUINE 5c. Everywhere

### W. L. DOUGLAS SHOES

SHOES AT ALL PRICES. FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MISTERS AND CHILDREN. W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day. W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price. W. L. Douglas is a name and price is stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalog free to any address.



### PILES NO MONEY TILL CURED—SEND FOR FREE BOOK

DR. TROWNTON & MINOR—600 1/2 ST. KANSAS CITY, MO.

### Malaria Makes Pale Blood

The Old Standard GROVE'S TASTELESS CHILL TONIC, drives out Malaria and builds up the system. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless, and the most effectual form. For adults and children. 50c.